

Please contact the instructor or our office before attending a session

Class Name	Type	Contact name	Contact number	Day	Time	Status	Cost
Bakewell Otago	Otago	Michelle Abercrombie-Riva	01629 815168	Thu	1pm		£5.00
						space	
Darley Dale CBE	CBE	Diane Cliff	01773 768240	Tue	10:00am		£3.00
						space	
Cromford CBE	CBE	Diane Cliff	01773 768240	Tues	11:45		
Litton Otago	Otago			Fri	2.00pm		£5.00
						space	
Bakewell Tai Chi	Tai Chi	Margaret Wood	01433 630142	Wed	9.15am		
						space	
Tideswell Tai Chi - Mon	Tai Chi	Margaret Wood	01433 630142	Mon	6.15pm		
						space	
Rowsley Otago	Otago	Michelle Abercrombie-Riva	01629 815168	Tue	2pm	ON HOLD	£5.00
Wirksworth CBE and Otago 2	CBE/Otago	Steph Spencer	07974 029156	Mon	11:15am		
						space	
Matlock Green PSI	Strength and Balance	Sarah Smith	07539 546313	Mon	01:30	space	
Hulland Ward Strength and Balance	CBE/Otago/PSI	Sue Hamblin	07796 405312	Wed	12pm	space	
Hulland Ward Strength and Balance2	CBE/Otago/PSI	Sue Hamblin	07796 405312	Thurs	11am	space	
Winster Strength and Balance	CBE/Otago/PSI	Sue Hamblin	7796405312	Thurs	1:15pm	space	